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Celebrity Buzz

Winehouse back to her old habits: Reports

pg 24



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THURSDAY, MAY 21, 2009

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Mother, child died of foul play, cops say

DEATHS An autopsy has determined the mother and daughter found dead in a Carleton Place home Sunday died as a result of foul play, police said yesterday.

OPP officers are investigating the deaths of 25-year-old Kerry Freda Walters and her 11-month-old daughter Starla as homicides.

Police said they seized a weapon from the residence during the investigation.

The body of Kerry Walters' husband, 28-year-old Lennox Walters, was located in Montreal. His death is under investigation.

The family, which had moved to Carleton Place in April from Cold Lake, Alta., had been reported missing by a family friend on Saturday.

METRO OTTAWA

Entertainment pg 20



A Relapse for Eminem

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Ottawa and Canada. This is also a Call to Action for you to send us your suggestions at ottawaleaders@metronews.ca or on Twitter @metroottawa.

On metronews.ca
• Share your SunnySide thoughts on Twitter using #sunnyside
• See what other Metro readers are doing and saying about SunnySide
• Enter for a chance to win a Sony Blu-ray player
Today
• Andrea Woo on relationships, pg 9



Arrests Pair charged in Stafford disappearance



Michael Thomas C.S. Rafferty, 28, one of two people charged with the disappearance of Victoria Stafford, is led away from the courthouse yesterday in Woodstock, Ont. Story, pg 4

Bus route plans prompt ire

MJ DESCHAMPS
for Metro Ottawa

TRANSIT Although OC Transpo's proposed bus route changes are intended to improve Ottawa's transit system, many riders here don't agree.

Crystal Beach/Lakeview Community Association president Ruth Tremblay said combining express Route 59 from Crystal Beach to downtown with local Route 166 will slow

down service even more. "The city should just leave things the way they are — it's working right now for us, so why change it?"

City councillors met yesterday to discuss Transplan 2009, a report recommending transit route changes to be made in September in order to make the system more efficient.

The consultation period for the report this year included an especially close focus on customer com-

ments, following the city-wide transit strike.

Transit users wrote, emailed and faxed more than 2,100 comments to councillors concerning the proposals.

Of those, 1,650 opposed the proposed changes.

Coun. Clive Doucet said the committee's proposals on building busways won't necessarily improve Ottawa's transit traffic.

"I don't believe the proper vision for the city is buses everywhere," he said.

Program set to help newcomers

\$6.2M tabbed for training

Sunny Side

TRACEY TONG
tracey.tong@metronews.ca

He was young, armed with an MBA, had worked for the U.S. government and was eager to find a job.

But after four months in Canada, Juan Sarmiento still hadn't found work in his field.

In December 2007, the native of Bogota, Colombia, arrived in Canada, hoping for a better quality of life. He'd handed out dozens of resumes, and got only one response — from the University of Ottawa.

Sarmiento, who is trilingual, landed a position as a financial analyst with the faculty of medicine at the University of Ottawa.

Even though he was well qualified, the 25-year-old is the first to say he's one of the lucky ones.

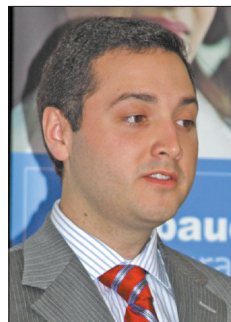
There are many immigrants who come to Canada, only to be unable to find work in their fields, he said.

Up to 1,550 Ottawa newcomers will get a helping hand after the provincial government announced \$6.2 million for training and support — so they can find jobs more quickly — in the nation's capital.

The funding is part of \$38 million in funding announced for skills training and to create jobs in Ontario.

In Ottawa, the money will go to five bridge training programs to train in areas including finance, health care and information technology.

"Immigrants and newcomers are the backbone of our community," said



Juan Sarmiento

Ottawa Centre MPP Yasir Naqvi. "We have to ensure that immigrants are fully integrated into the economic structure.

"In tough economic times, we can't afford to lose these skills."

Ninety per cent of people who complete the bridge training program will find jobs within six months, said Ontario Minister of Citizenship and Immigration Michael Chan, who made the announcement.

In 2009, the province committed an additional \$50 million over two years to expand bridge training programs in Ontario, Chan said.

Since the program's inception in 2003, 30,000 Ontario newcomers, 600 of whom live in Ottawa, have benefited, said Ottawa Vanier MPP Madeleine Meilleur.

"Ontario has always been a place of opportunity for newcomers," said Meilleur. "In these economic times, it's important for internationally trained newcomers to work in their fields as quickly as they can."

ShareYourViews

ottawaleaders@metronews.ca

A park at the corner of Scott Street and Island Park Drive will be named Heather Crowe Park tomorrow in honour of the advocate who was an instrumental force in the establishment of the Smoke-free Ontario Act. Crowe died three years ago after years of exposure to second-hand smoke while working in the hospitality industry. **METRO OTTAWA**

Local



Montreal artist wins Gatineau installation

If you're not familiar with Hal Ingberg's work, you soon will be. The Montreal artist and architect won a cross-Canada public art competition to create a new work of art in Gatineau, the National Capital Commission announced yesterday. The artwork, entitled Papa, will be installed at the corner of Boulevard des Allumettières and Maisonneuve Boulevard.

METRO OTTAWA

Kilrea grilled on emails, phone calls

Defence for O'Brien attempts to establish appointment was Kilrea's idea

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Ottawa-West Nepean MP John Baird will take the witness stand when Mayor Larry O'Brien's trial for influence peddling resumes Tuesday morning.

Baird's testimony is expected to take around an hour before Terry Kilrea returns for what is possibly his last day of testimony.

Kilrea's allegation that O'Brien offered to help get

him an appointment to the National Parole Board in exchange for Kilrea dropping out of the 2006 mayoral campaign resulted in two criminal charges being laid against O'Brien.

Yesterday, O'Brien's defence lawyer Michael Edelson grilled Kilrea on his emails, phone calls, and face-to-face conversations with O'Brien and Baird surrounding the July 12, 2006 meeting at 700 Sussex Dr. where O'Brien is alleged to have made the offer.

Edelson attempted to establish that it was Kilrea, and not O'Brien, who raised the possibility of a parole board appointment during that meeting.

According to Kilrea, O'Brien asked if something could be done for him in exchange for leaving the race. Kilrea answered that he would only be interested in the National Parole Board.

"In fact, Mr. Kilrea, by your version in court ... you were the first one who raised a federal appointment," said

Edelson. Kilrea said he assumed O'Brien was talking about a federal position because O'Brien had mentioned earlier in the meeting that high-placed Conservatives were supporting him.

Searching through Kilrea's phone bill during that period, Edelson also brought up a number of phone calls to O'Brien that were not mentioned earlier.

Kilrea said that O'Brien called him several hours after their meeting on July 12 to inform him that Kilrea's

name was "in the queue" for a parole board appointment, and that Kilrea should call Baird.

The phone records show three other calls between O'Brien and Kilrea, which Kilrea could not recall. According to phone records, Kilrea also had multiple conversations with O'Brien the next day, but Kilrea could only remember one call, where he said O'Brien told him that contacting Baird about the appointment was a mistake.

Let public input prior to budget: Group

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

PROPOSALS As part of the city's mid-term governance review, city councillors are considering ways to increase public engagement and transparency regarding the budget process.

Mid-Term Governance Review White Papers from city staff are proposing six changes, including establishing a finance and audit committee that would start the budget process months earlier than it is now.

If there is a finance committee, Jenny Gullen with People for a Better Ottawa said they want to ensure it be structured to allow for public input into the budget process from the beginning.

She said they want to avoid a situation where hundreds of public delegations get five minutes to address council at the end of the budget process.

"That's not a particularly meaningful engagement," said Gullen.

PBO is hosting a forum at First United Church on Saturday morning to discuss the proposed changes in the governance review and to get feedback from the public.

TIM WIECLAWSKI/METRO OTTAWA

Police seek man, car in suspicious street incident

WEST END Ottawa police are investigating a suspicious incident in the city's west end after a man driving an older model car allegedly offered a young girl a ride.

At 7 p.m. on Tuesday, a 12-year-old girl was walking southbound on Greenbank Road between Monterey Drive and Harrison Street when an unfamiliar male driving an older model vehicle stopped and offered her a ride home.

The girl refused and walked to a nearby bus stop, where she saw the same vehicle drive by several times.

Police are seeking an English-speaking, unshaven white male, 30 to 40 years old, wearing a brown hat and a beige jacket and an older-model beige four-door vehicle with a dark interior.

TRACEY TONG/METRO OTTAWA



Independent financial analyst Diane Urquhart speaks at a town hall meeting for high-tech workers yesterday as Ottawa Centre MP Paul Dewar looks on.

Tech job losses need political intervention: MP

TRACEY TONG
tracey.tong@metronews.ca

After 14 years with Nortel, Marie Lunney found herself trying to navigate the employment insurance system after being laid off in March.

She didn't get a severance, and that shouldn't be happening to workers, said Lunney. She wants to see the government step in.

At a meeting between community members, high-tech groups and laid-off Nortel employees yesterday, Ottawa Centre MP Paul Dewar agreed, but said "this is

not just about the workers at Nortel.

"This is about high-tech and taxpayers," he said.

"We need to get government involved in this issue," said Dewar, who held the meeting to get ideas on how to better support workers and the industry, and to determine next steps for Ottawa and the country.

"Now is the time to ensure that we are retaining our knowledge base and assets," he said. "We need to retain the assets that we grow."

"The actual value of the knowledge isn't calculated," he said, "and it needs to be."

"The actual value of the knowledge isn't calculated, and it needs to be."

MP Paul Dewar

Research and development and innovation are crucial to Canada, said independent financial analyst Diane Urquhart.

"Nortel has a long history of R&D in Canada. We can't let ... the last 10 years affect Canada and prevent it from being an R&D leader. We can't sustain a country on service workers. We need

knowledge-based workers."

When tech workers lose their jobs, they're still capable of working, said Gary Davis, who does economic development and labour market planning. They're skilled, smart people who just need to know what the next step is, he said.

Unfortunately, "there is no strategy to deal with technology," he said.

"We can't be standing on the sidelines twiddling our thumbs and hoping things will be all right," Dewar said. "We have to protect our assets and (ensure) obligations made to people are fulfilled."

metronews.ca
What's online today.

Video Accused murderer in Tori Stafford case draws a crowd outside courthouse at metronews.ca/canada
Video Ignatieff fires back at Conservative attack ads at metronews.ca/canada

Lotteries
Lotto 6/49: 4, 22, 26, 29, 39 & 48. Bonus 31
Ontario 49: 7, 21, 23, 25, 29, & 48. Bonus 35
Ontario Pick 3: 5 7 4; Ontario Pick 4: 9 9 6 3
Encore: 3479483
Daily Keno: 2, 4, 9, 11, 18, 22, 24, 25, 26, 28, 33, 37, 45, 46, 50, 55, 56, 60, 64, 65
These results are not official.

News in brief

RACE STREET CLOSURES Even if you're not joining this weekend's races, it might be better to leave your car at home starting tomorrow. The organizers of Ottawa Race Weekend have announced the road closures for this weekend's race events. Queen Elizabeth Drive will be closed from Somerset Street West to the National Arts Centre and Laurier Avenue to Queen Elizabeth Drive will be closed all weekend between 9 a.m. Friday to 6 p.m. Sunday, closures affect dozens of downtown streets including Waverly Avenue, Elgin Street, Rideau Street, Colonel By Drive, Bronson Avenue, Wellington Street, as well as Portage, Chaudière and Alexandra bridges and areas in Gatineau, Rockcliffe, Vanier and Hog's Back.

METRO OTTAWA

Burger lovers rejoice

This Sunday, from 10:30 a.m. to 3 p.m., pop into an Ottawa Harvey's for a free burger in honour of National Hamburger Day. **METRO OTTAWA**

local **3**

Braille focus of display

MJ DESCHAMPS
for Metro Ottawa



You don't have to worry about "do not touch" signs at this new exhibit.

To commemorate the 200th anniversary of the birth of Louis Braille, inventor of the system of reading and writing by touch, the Canada Science and Technology Museum, in collaboration with Canadian National Institute for the Blind, is presenting the exhibition Braille: Knowledge at your Fingertips.

The exhibit provides an opportunity to explore Braille the language, and get to know Braille the person. It allows visitors to compare

"We want people to touch the different parts of the exhibit, but we also want them to close their eyes while they do it."

Helen Graves Smith, curator

historical and modern tools such as the last Braille press used by the CNIB and different models of folding mobility canes. Interactive elements of the exhibit include the chance to write your name in Braille and use talking calculators, watches and books designed for the visually impaired.

"This exhibit really gives people a chance to see the types of accommodations that are made so that the visually impaired can partici-

pate fully in mainstream society," said curator Helen Graves Smith.

"We want people to touch the different parts of the exhibit, but we also want them to close their eyes while they do it. It's hard to know what it's like to live with vision loss, but here you can develop an increased appreciation."

The museum is also offering free guided tours for visitors with vision loss, which are designed to introduce them to the museum.

News in brief

CRIME Ottawa police have released a composite drawing of a man after what they believe to be an attempted abduction occurred at a Fallingbrook-area

daycare earlier this month. Police are seeking a white male, 40 to 45 years old, five feet, 10 inches tall, with a medium build, short dark hair, and pre-

scription glasses with thick, dark-coloured frames. Anyone with information is asked to call police.

TRACEY TONG/METRO OTTAWA

Allergy Relief

QUESTIONS AND ANSWERS

Ask Josée

Josée Fortin is a Biochemist and a Naturopath who works both in collaboration with pharmacies and as a spokesperson for A.Vogel.



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University of Windsor graduate
Ensemble actor with
2009 Shaw Festival



Ten years ago, CIBC, in partnership with Big Brothers Big Sisters of Canada and the YMCA created the CIBC Youthvision™ Scholarship Program to address the academic and financial needs of students and to encourage them to pursue post-secondary education.

Realizing that confidence, pride and opportunity can overcome even the most formidable barrier, this unique program includes a post-secondary scholarship valued at up to \$36,000, as well as summer internships starting in grade 10 until the completion of university or college.

CIBC Youthvision recipients are also paired with trusted, understanding mentors throughout the entire program, who provide support and guidance as they strive to reach their full potential. Recipients surveyed tell us that being awarded the scholarship opened up opportunities that otherwise would not have been available.

To date, we have invested \$10 million in the dreams of 330 CIBC Youthvision Scholarship recipients and helped shape their futures in ways that they could have only imagined.

Beyond the CIBC Youthvision Scholarship Program, over the past five years, CIBC has invested more than \$15 million to further strengthen post-secondary education in Canada.

For more information, visit www.cibc.com/youthvision

**Congratulations to the recipients
of the 2009 CIBC Youthvision Scholarship.**



For what matters.

A 14-month-old Canadian boy has become Cuba's fourth confirmed case of influenza A (H1N1), also known as swine flu, the Cuban government said yesterday. The boy developed fever and respiratory symptoms shortly after he and his parents arrived from Toronto, the Public Health Ministry said. **REUTERS**

Canada



Feds to lay out new credit card rules

The federal government will lay out new regulations for the credit card industry today, following on the heels of a U.S. initiative to limit credit card interest rates and fees. A source in the Finance Department said yesterday that Finance Minister Jim Flaherty, left, would announce the new rules this morning. Flaherty has promised regulations to improve transparency in the credit card industry. **REUTERS**

Aid agency to narrow focus

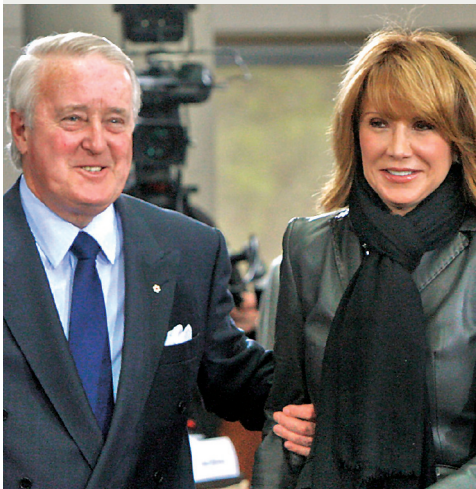
FOREIGN AID The Canadian International Development Agency unveiled a new strategy for humanitarian assistance yesterday that involves trying to do more for the world by doing a little less. "Being too diffused and thinly spread out without the needed critical mass, our money had little impact," International Co-operation Minister Bev Oda said in a speech at the Munk Centre for International Studies yesterday.

TORSTAR NEWS SERVICE

News in brief

BAGS The plastics industry is warning consumers that reusable fabric grocery bags can create a health risk because they can become contaminated with fungus and bacteria if not properly washed. **TORSTAR NEWS SERVICE**

Ottawa Day 6 for Mulroney



Former prime minister Brian Mulroney, left, leaves with his wife, Mila, after his sixth day of testimony at the Oliphant Commission in Ottawa yesterday. Canadian taxpayers could pay as much as \$2 million to cover Mulroney's legal fees during the inquiry.

CHRIS WATKINS/REUTERS

Police search for Stafford's remains

Man, woman charged in case of missing girl

While a murder charge was being levelled in her hometown, the search for Tori Stafford's remains moved yesterday to an area north of Guelph, Ont.

"The most important mission we have yet to accomplish is to reunite Victoria with her loved ones," Oxford Community Police Service Chief Ron Fraser told an afternoon news conference in Woodstock.

The Ontario Provincial Police would offer no comment on the search or what led officers to the rural area 80 kilometres from the spot where Stafford was abducted.

To aid in that search, the OPP brought in a helicopter, which spent yesterday scanning a sparsely populated swath covering hundreds of square kilometres around Rockwood, Erumosa and Fergus.

"We are still looking for evidence that will bring us to the final resting place of Tori," OPP Det.-Insp. Bill Renton said.

Tuesday night, Michael Thomas C.S. Rafferty, 28, and Terri-Lynne McClintic, 18, of Woodstock, were arrested. They appeared at the courthouse in handcuffs yesterday.

Rafferty was charged

with first-degree murder and abduction. McClintic was charged with abduction and being an accessory after the fact.

Renton said yesterday McClintic "may have been familiar with" Tori's mother, Tara McDonald.

According to court documents, Tori was killed in Woodstock "on or about" April 8, the day she was last seen in public.

The accessory to murder charge against McClintic relates to helping Rafferty "on or about" April 8 escape from the city, according to the documents.

TORSTAR NEWS SERVICE

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Level 2 and 4 - 9 to 12

June 29 to July 24, 2009

Level 1 and 3 - 9 - 12;

Level 2 and 4 - 12:30 - 3:30

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Hudak plan 'gift to the Liberals': Elliott

TORSTAR NEWS SERVICE

REUTERS

News in brief

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"Five-dimensional" discs with a capacity 10,000 times greater than current DVDs could be on the market within 10 years, researchers from Swinburne University of Technology in Australia reported yesterday. **REUTERS**

World



Mars may once have been wet

Mars may have once been both cold and wet, researchers said yesterday, suggesting a freezing Martian landscape could still have produced water needed to sustain life. The presence of water on Mars is a hot topic for scientists. They have presented strong evidence of huge deposits of frozen water at the Martian poles and point to geological features that indicate large bodies of water have flowed on the planet's surface in the distant past. **REUTERS**

News in brief

FLU Mexico City's mayor wants to deploy pop stars Bono and Shakira to help put the Mexican capital back on the map as a tourist destination after the outbreak of influenza A (H1N1), also known as swine

flu, scared away visitors. Marcelo Ebrard said he has written to the U2 frontman, the singer and philanthropist Bill Gates to ask them to endorse a publicity campaign to restore the city's image.

IRAQ A parked car bomb ripped through a poor Shiite area of northwest Baghdad yesterday, killing 35 people and wounding 72 others near a popular restaurant, police said.

PLOT Four men were arrested yesterday in a suspected plot to bomb a synagogue and Jewish community centre in New York and to shoot at military planes with stinger missiles, U.S. officials said. **REUTERS**

Priests abused children in Ireland: Report

Priests beat and raped children during decades of abuse in Catholic-run institutions in Ireland, a report said yesterday.

The Commission to Inquire into Child Abuse, established by the government in 2000, blasted successive generations of priests, nuns and Brothers for beating, starving and, in some cases raping children in Ireland's network of industrial and reformatory schools between the 1930s and 1990s.

"A climate of fear, created by pervasive, excessive and arbitrary punishment, permeated most of the institutions and all those run for boys," the report said.

"Children lived with the daily terror of not knowing where the next beating was coming from."

The five-volume report, published after a nine-year investigation into institutions now closed down, also slammed the Irish Department of Education for its deferential attitude to the religious orders and its failure to stop the abuse. **REUTERS**

"Children lived with the daily terror of not knowing where their next beating was coming from."

Excerpt from Irish commission report

The Commission interviewed 1,090 men and women who were housed in 216 institutions including children's homes, hospitals and schools.

Tom Sweeney, who spent five years at industrial schools including two years at one where the report said sexual abuse was a "chronic problem," said the Artane Industrial School continued to haunt its former residents.

"Anybody that came into Artane did not come out a happy person and unfortunately there are a lot of people that have committed suicide, there are a lot of people that have ended up in hospitals and they have been forgotten about."

REUTERS

Attacks threatening girls' right to education

AFGHANISTAN After years of progress, girls' education in Afghanistan has been set back by recent attacks on schools that have frightened parents into keeping their daughters at home, a UN official said yesterday.

Daniel Toole, South Asia director for UNICEF, said families are becoming fearful about educating their daughters as the Taliban insurgency gathers strength.

"What we are starting to see is that families are indeed afraid to send their girls to school," he said, little more than a week after two gas attacks at schools north of Kabul put nearly 150 students in hospital.

Girls education was probably worse now than a year ago, Toole said, reversing a trend of improvements over the last few years.

"In general, the situation is so much better than

Need for learning

• At present, only 18 per cent of Afghan women can read and write, putting even basic tasks like shopping out of the reach of some because they cannot tell banknotes apart.

three or four years ago, that we have to recognize that," he said, adding that around 1.7 million girls were enrolled at school.

The Taliban banned girls education when in power from 1996-2001, and in recent years militants linked to the hardline Islamists have destroyed schools and attacked students.

UNICEF now asks communities to contribute money or labour to school construction, which cuts costs and encourages parents to protect the building. **REUTERS**

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An almond a day?

Almonds have the potential to boost immune health and reduce inflammation, according to research based on laboratory studies. **REUTERS**

world 7

Stronghold captured

Pakistani soldiers have captured the main Taliban stronghold in a district 100 kilometres from the capital in heavy fighting in which 80 militants were killed, the military said yesterday.

Fighting in the Swat valley and the neighbouring districts of Buner and Dir has forced about 1.5 million people from their homes in addition to about 550,000 people displaced earlier.

The United States has offered Pakistan \$110 million to help the displaced and said it was trying to redress 30 years of "incoherent"

U.S. policy toward the nuclear-armed country.

The military said security forces had captured the village of Sultanwas in Buner district, where the Taliban had built a stronghold complete with concrete bunkers.

"Security forces cleared Sultanwas last night after intense clashes. Reportedly 80 militant terrorists were killed," military spokesman Athar Abbas told a briefing. One soldier was killed and nine wounded, he said.

Emboldened by a February peace pact, Taliban from Swat moved into Buner in early April, clash-

ing with police and villagers in a drive to impose headline rule.

The Taliban thrust into an area so close to Islamabad raised alarm both at home and abroad. The United States criticized the February pact, which authorities hoped would bring peace to Swat, as akin to abdicating to the militants.

Pakistani action against militants, especially in areas near the Afghan border in its northwest, is an essential part of U.S. plans to defeat al Qaeda and bring stability to Afghanistan.

REUTERS

Sri Lanka blocking access, UN says

CIVILIANS The United Nations yesterday accused the Sri Lankan authorities of blocking access to civilians trapped in the former war zone. In the latest sign of concern at the government's treatment of Tamils and other civilians, the UN said it had no information on the numbers of sick or wounded. **REUTERS**

Iran launched missile: U.S.

ARMS Iran has successfully launched a missile with a range of 2,000 to 3,000 kilometres and a configuration that appears consistent with its Ashura models, a U.S. defence official said yesterday.

But the official, who spoke on condition of anonymity, said the Pentagon had yet to analyze tech-

nical data that would provide clues to the missile's flight trajectory and target. Iranian officials, who announced the launch earlier, described the missile as Sejil-2.

But the defence official said its appearance was similar to an older model long known to U.S. intelligence. **REUTERS**

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8 world



Vitamin D good for brain: Study

Getting more vitamin D may help older people stay mentally fit, according to a study to be published today. **REUTERS**

A daunting challenge

Sri Lankan president seeks to rebuild war-torn country

With a quarter-century civil war in the history books, Sri Lankan President Mahinda Rajapaksa will now put to the test his theory of using a military victory over terrorism as the first step to tackling its root causes.

Flush with the success of victory over the Liberation Tigers of Tamil Eelam in a 25-year war once dubbed unwinnable, Rajapaksa offered compromise and reconciliation with the Tamil minority in a victory speech Tuesday.

"At this victorious moment, it is necessary for us to state with great responsibility that we do not accept a military solution as

"We do not accept a military solution as the final solution."

Sri Lankan President Mahinda Rajapaksa

the final solution," said the president, who is Sinhalese.

"It is necessary that we give these people the freedoms that are the right of people in all others parts of our country."

In a nation scarred and divided after one of the world's longest-running and bloodiest civil wars, with extremists on both sides often calling the shots, Rajapaksa, 63, now faces what may be Sri Lan-

ka's greatest post-independence challenge.

It is a one that traces its roots back to 1948, the year Sri Lanka's minority Tamils lost their favoured status as the British colonial government handed power to the Sinhalese majority at independence.

Tamils suffered abuses and sidelining by several governments, which sparked political violence in the 1970s and a full-scale civil war in 1983.

News in brief

U.K. Reformists called for a fundamental shakeup of Britain's political system yesterday, saying the first ousting of a parliamentary speaker in 300 years was not enough to still public anger over an expenses scandal. Opposition Conservative Leader David Cameron said an

early general election was the only way to give Britain a fresh start after disclosures about legislators' expenses tarnished the reputation of parliament.

NIGERIA Nigerian police shot and killed two pupils yesterday at a high school in northeast-

ern Bauchi state after they were called to quell a violent protest over examinations, witnesses and officials said. Rights groups say Nigeria's poorly trained and low-paid police have often carried out extra-judicial killings with impunity.

REUTERS



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Comment & Views

Comment

Savour the little things

Relating

Andrea
Woo

metronews.ca/woo

May long weekend on Vancouver's English Bay Beach: The temperature has finally clawed its way into the 20s and the booming bass from a passing party boat is travelling across the water toward the shore, where Vancouverites have crawled cautiously out of their home and office confines to soak up the long-anticipated sun.

Watching couples intertwined on the grass or weave through the crowd on tandem bikes, it is easy to forget about the recession, job uncertainty and all the other doom and gloom that has so effectively crippled our spirits for months.

And, really, that's how it should be.

While it may feel reflexive to punch a hole through the face of anyone who tells you to cheer up during these tough times, it's also true stressing over things beyond your control does not

good for anyone. This is not to trivialize the very real hardships many are currently facing. Layoffs, foreclosures, growing debt — these are not things easily surmounted with a cup of gelato on a sunny day. But once a person has done all they can to move forth, continuing to stew only diminishes the quality of his or her life. It overshadows and saps the joy from the positives there are, it affects relationships — with friends, family and lovers — and can create a debilitating cycle of self-sabotage. The key, according to

On the web

For more views on relating, go to Love Bytes at metronews.ca/blogs

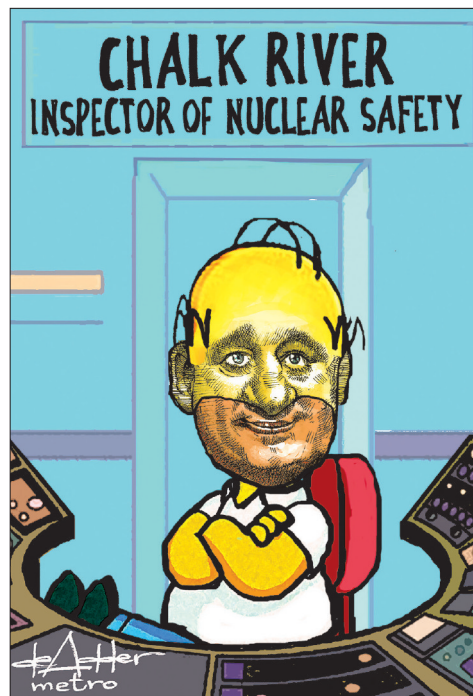
SunnySide

psychologists, is a process called savouring: Being deliberately mindful of what you're doing at the present moment, no matter how trivial it may seem, and luxuriating in it. Not only does this have a powerful effect on one's outlook and attitude, they say, but on interpersonal relationships as well.

So in the face of troubled times, make a conscious effort to focus on the things that do bring happiness, on a micro level: The taste of a cold beer on a hot day; the warmth of a lover's embrace; the simmering excitement of a city on the brink of summer.

Happiness, after all, is the journey.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.



MICHAEL DE ADLER

Views

Real Canadians show active side



Kelly D.
Murumets

You don't have to reinvent yourself to live a healthier, more active life. You just have to find ways to move more!

As the national voice of physical activity and sport participation, ParticipACTION is proud to celebrate the real-life stories of five Canadians who have added more movement into their lives.

As Phase 2 of our "Get Inspired. Get Moving" campaign, we have created five television ads featuring their personal stories to inspire all Canadians to follow in their footsteps.

The ads tell powerful, personal stories about individuals overcoming barriers to achieve a healthier, more

active future for themselves and their families. They feature Alison Alleyne (Surrey, B.C.), Diane Lawes (Edmonton), Joania Burnett (Ottawa), Richard Marier (Laval, Que.), and Stephane Martel (Roverval, Que.).

To find these everyday heroes, we called on all Canadians to share how they are moving more so they could inspire others to do the same. In November 2008, we launched television commercials featuring Canadian icons Donovan Bailey, Farley Flex, Rick Hansen and Mary Walsh to encourage people to post stories about getting active on our online Wall of Inspiration.

We worked with the Canadian Fitness and Lifestyle Research Institute to understand the common hurdles people face in their busy lives and select stories about getting active that

will resonate with people on a personal level.

Out of more than 1,000 submissions from across the country, we chose three English and two French people to be featured in separate 30-second commercials.

We worked with our advertising agency to record the five stories in the individuals' own voices and bring them to life through illustration and animation. The animation gives a whimsical feel to the campaign and highlights that physical activity can be meaningful and fun.

Our campaign shows that everyone is capable of being a hero in his or her own story — whether it's through

getting active with their kids, overcoming obstacles or simply looking at things in a new light.

Thank you to all the Canadians who shared their stories on our Wall of Inspiration.

We received stories from across the country and we hope to receive more — Phase 3 of the campaign will feature more selections, slated to air later this year. This is truly a grassroots initiative to celebrate individuals who are living a healthier, more active lifestyle. Get inspired and get moving, Canada!

Kelly Murumets is president and CEO of ParticipACTION, the national voice of physical activity and sport participation in Canada.



Canada's social safety net appreciated in tough times

Re: SunnySide initiative

Having lived in several countries across Asia, Europe and North America, I find Canada as one of the best countries with great social systems.

Programs such as environmental conservation, recycling and planned usage of its vast natural resources are ahead of many other developed countries.

It's amazing to find so many social services free of charge here in Canada, given that we come from countries where we had to pay for everything, which is usually expensive.

With a background in business, I'm setting up my first business here. What amazes me is how handy the information is and how many organizations are helping start-up entrepreneurs.

People say America is the land of opportunity, but having lived there for four years, I know how hard it is when people move there and struggle to make it.

I constantly feel grateful

SunnySide

to be in Canada's well-designed social system. The government has done a good job putting everything in place for its people, and that becomes so important during tough times like today.

KEDIY ZHANG, TORONTO

Archaic media coverage laughable

Re: Sun King of subterfuge

I cannot believe Lawrence Martin would blame "an archaic system of coverage" for the lack of media coverage regarding the government's executive branch.

Making a comparison between where Canada and the U.S. house the media is just plain silly. It seems to me that the Canadian media is afraid to speak the truth when it comes to Stephen Harper and his Conservative government.

Good, truthful journalism should reach the people regardless of where the media sits.

ANNA-LEE POTVIN, TORONTO




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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

General Motors of Canada informed its dealerships yesterday of which ones it will close as part of a plan to slash its dealer network by nearly half, one of the steps necessary to qualify for long-term government aid. GM has about 700 dealerships and retailers across Canada. **REUTERS**

GM Canada gives dealerships notice of cuts

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Pinching pennies

Savings rates may double, report predicts

The trend toward saving more and shopping less could last for up to five years, as Canadians try to rebuild their personal savings amid languishing house and stock prices and painful memories of the recession, a new economic report suggests.

Calling it a "shift to thrift," the report, by TD Bank economist Diana Petramala, says consumer savings rates are already on the rise and could con-

tinue to climb as Canadians try to regain financial security.

Petramala predicts that savings rates could rise to between six and seven per cent — which is double the average of the preceding five years.

Low interest rates and soaring real-estate values meant consumers could spend with borrowed money and still feel rich. But the economic boom came to an abrupt end, as did

the spending spree.

"We're spending a lot less on discretionary items, big-ticket items and cars. People are also cutting back on discretionary travel expenses," Petramala said in an interview.

Savings rates began climbing last year, reaching a six-year high of 4.7 per cent by the end of 2008, up from an average of 2.9 per cent for the previous five-year period.

TORSTAR NEWS SERVICE

Business in brief

INFLATION Canada's annual inflation rate in April dropped to a 14-year low of just 0.4 per cent, a move analysts said meant the Bank of Canada

would be in no rush to raise record-low interest rates.

MEDIA Canwest Global Communications has secured a \$175-million financing lifeline

as it fights to restructure its mounting debt load while contending with a sharp downturn in advertising.

REUTERS

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Mickelson suspends career

Phil Mickelson has suspended his playing schedule on the PGA Tour indefinitely after learning that his wife Amy has been diagnosed with breast cancer. According to the golfer's website, Amy's treatment process is expected to begin with major surgery, possibly within the next two weeks. **METRO NEWS SERVICES**

11

Sports

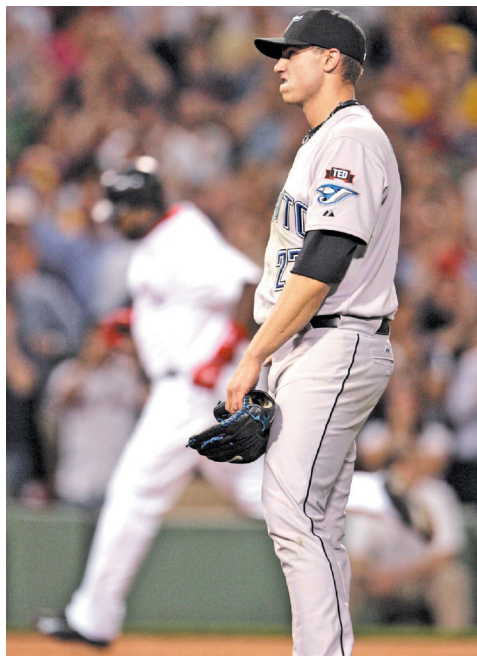


Jacques' racing school

Former Formula One world champion Jacques Villeneuve, left, is giving back to the profession he loves by opening a driving academy north of Montreal. The Jacques Villeneuve Academy will run in partnership with ICAR — a massive racing complex that, when it opened last year, took over many of the unused runways of the largely defunct Mirabel airport north of Montreal. Villeneuve will serve as a mentor and resident expert. **METRO NEWS SERVICE**

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Cecil shelled by BoSox



Toronto starting pitcher Brett Cecil reacts as Boston's David Ortiz rounds the bases after hitting his first home run of the season last night in Fenway Park. The Red Sox won the game 8-3.

Jason Varitek hit two of Boston's five home runs, which included David Ortiz's first in 150 at-bats, highlighting a six-run fifth, as the Red Sox pounded the Blue Jays 8-3 in the middle test of their three-game series.

Ortiz, who sat out a three-game series at Seattle over the weekend, stretched his homerless streak to 149 at-bats and dropped his average to .200 yesterday before ending the drought with a two-run blast to centre in

MLB RESULTS
Toronto 3 Boston 8

 **VS** 

his third plate appearance. It was the longest stretch of his career without a longball, topping a 145 at-bat stretch from September 9, 1998 – June 9, 2000, when he played for Minnesota. Ortiz's last home run in the regular season came September 22, 2008 against Cleveland. He ended the game with a .210 average, having added a double in the eighth.

Jason Bay and Mike Lowell also homered for Boston, which came in with just two wins in its last six contests, but has captured 14 of its last 16 at Fenway Park. Jacoby Ellsbury extended his hitting streak to 15 games and tied a modern major league record for outfielders with 12 putouts in a nine-inning game.

The Red Sox received a lift from

Kevin Youkilis, who went 3-for-5 after being activated off the 15-day disabled list earlier in the day. Youkilis hit the DL with a strained oblique muscle in his left side on May 12, retroactive to May 5, and missed the club's last 13 games. **METRO NEWS SERVICES**

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Flesh wounds piling up for Hurricanes

Stanley Cup 2009 Playoffs

HOCKEY The Hurricanes lost the first game of the NHL's Eastern Conference final. And they lost two players to injury. So, they've got the Penguins right where they want them.

While the Canes aren't exactly one of the NHL's glamour teams, they have won admirers with their remarkable resilience. They're like the Black Knight in the old Monty Python flick, who refuses to give up the fight despite getting his limbs lopped off one at a time.

Their persistence is almost comical so, surely, the loss of Erik Cole and Tuomo Ruutu will be dismissed as nothing but a flesh wound.

The Penguins certainly aren't expecting any concession speeches when they hook up with Carolina tonight for Game 2 of their series.

"They have a battle level that they continue to bring at you," Pittsburgh coach Dan Bylsma said yesterday. "They play their game and they're very disciplined in how they play their game. That's how they've become resilient and that's how they've come back in series."

Or, as Penguins' forward Max Talbot summarized: "They keep coming at you. They're a very dangerous team."

In the first game of this series Monday, a 3-2 Pittsburgh win, the Canes were persistent in how they continued to attack the Pittsburgh net in the third period. They trailed 3-1 late, but closed that gap to within one before Eric Staal almost tied the game in the final minute.

TORSTAR NEWS SERVICE

Michael Vick released from prison

NFL Disgraced former National Football League star Michael Vick was released from prison yesterday after serving a 23-month sentence for dogfighting, a spokeswoman for the U.S. federal prisons said. Vick left Leavenworth medium security prison in Kansas early yesterday, according to spokeswoman Traci Billingsley.

He was to travel to his home in Hampton, Va., where he would begin a period of supervised home confinement, according to media reports.

The former Atlanta Fal-

cons quarterback pleaded guilty in 2007 and was convicted of conspiracy charges in an interstate dogfighting enterprise on another of his properties in rural Virginia.

The case made national headlines and generated debate about dogfighting and the animal cruelty associated with it. Vick was also vilified as a fallen sporting hero.

Vick was the No. 1 pick in the 2001 NFL draft and a three-time All-Pro quarterback with the Falcons. His lawyers say he would like to play professionally again.

REUTERS

Ferrari to keep up fight after French court rejects F1 claim

FORMULA ONE Ferrari hit back yesterday after a French court rejected the team's bid to prevent Formula One's governing body introducing controversial new rules next season.

The sport's most successful and glamorous team warned in a statement at the Monaco Grand Prix they could still pursue legal action and would carry out a threat to quit if the

"No competitor should place their interests above those of the sport in which they compete."

Max Mosley, FIA president

regulations were not rewritten.

The champions had gone to the Tribunal de Grande Instance in Paris to try and stop the International Automobile Federation (FIA) from pressing ahead with

an optional cap set at the equivalent of roughly \$72 million.

"There is no risk of any imminent damage which should be prevented or obviously illegal trouble which should be stopped,"

magistrate Jacques Gondran de Robert wrote in a statement handed to reporters.

FIA president Max Mosley said: "No competitor should place their interests above those of the sport in which they compete."

"The FIA, the teams and our commercial partners will now continue to work to ensure the well-being of Formula One in 2010 and beyond."

REUTERS

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YESTERDAY'S NL RESULTS
Toronto at Boston
Texas 3 Detroit 5
N.Y. Yankees 11 Baltimore 4
Oakland 7 Tampa Bay 6
Cleveland at Kansas City
Minnesota at Chicago White Sox
L.A. Angels at Seattle

YESTERDAY'S NL RESULTS
Pittsburgh 2 Washington 1
Cincinnati 5 Philadelphia 1
Florida 8 Arizona 6 (Gm 1)
Atlanta 12 Colorado 4
Arizona at Florida (Gm 2)
Milwaukee at Houston

TODAY'S AL GAMES

Toronto at Boston
Texas at Detroit
Minnesota at Chicago White Sox
Cleveland at Kansas City
Oakland at Tampa Bay
Baltimore at N.Y. Yankees
L.A. Angels at Seattle

TODAY'S NL GAMES

Philadelphia at Cincinnati
Pittsburgh at Washington
Atlanta 12 Colorado 4
Arizona at Florida (Gm 2)
Milwaukee at Houston

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Law helps Canadians

U.S. equality legislation aids female athletes, even from abroad

LAURENCE HEINEN
for Metro Canada



Canadian female athletes can still benefit from a law enacted in the United States way back in 1972.

Known as Title IX, the landmark legislation banned sex discrimination in schools, whether it be in academics or athletics.

The legislation helped to open up doors for female athletes to receive equal amounts of scholarship dollars as their male counterparts.

"It's a great way to develop women's sports," said Calgarian Carla MacLeod, who attended the University of Wisconsin on an athletic scholarship from 2001-05.

A veteran member of Canada's National Women's Hockey Team, MacLeod enjoyed getting an opportunity to play for the Wisconsin Badgers while attending school.

"To be able to give the women's programs the same as the men's programs and treat everyone



"To be able to give the women's programs the same as the men's ... it's a great concept."

Carla MacLeod, hockey player

equal, it's a great concept," she said.

Fellow National Women's Team defender Tessa Bonhomme also appreciated the opportunity to play hockey south of the border after graduating from high school in her native Sudbury.

Following four years of playing for the Ohio State Buckeyes from 2003-08, Bonhomme encouraged other young female athletes to also pursue their dreams.

"Don't pass up the opportunity," Bonhomme said. "If you go, you can always come back if you don't like it, but if you never go, you won't know what you're missing out on."

After two years of playing soccer for the University of Calgary Dinos in the late 1990s, Chrissy Nelson was looking for a change of scenery.

"I just kind of jokingly asked a teammate who had

come back from the States if she knew of anyone who was looking, so she gave me a number and an email of a coach," said Nelson, who wound up earning an athletic scholarship at Idaho State University to play for the Bengals. "What attracted me was that they were looking for a goalkeeper and I wanted to go somewhere else. I wanted to try something new."

If it wasn't for Title IX, Joan Lettman would have never attended Murray State University and run track for the Racers.

"A lot of people don't know that there are these scholarships out there," said Lettman, noting that it was quite an adjustment moving from Toronto in 2004 to the small college town of Murray, Ky., but that she's glad she did it. "That opportunity will always be there (for others)."

Local bid emerges for NHL's Coyotes

BANKRUPTCY There may be hope for the Phoenix Coyotes after all.

While Canadian billionaire Jim Balsillie and Jerry Moyes work on an official application to the league to purchase and move the bankrupt team, a local investor has emerged who apparently wants to keep the team in Glendale, Ariz.

John Breslow, one of the team's minority partners, is putting together an ownership group that plans to bid on the team, his lawyer, Scott Cohen told the Toronto Star.

Few want to talk about the new bid, the third to emerge in the last month.

"Mr. Breslow is not commenting at this time," Cohen said.

NHL deputy commissioner Bill Daly chose not to comment, but Balsillie spokesman Bill Walker said he welcomes the process.

"May the best bid emerge," said Walker.

"We're confident we have the best business proposal, by the best businessman for the best hockey market."

Should the sale of the team through bankruptcy go ahead, the rival bids are expected to be public. **TORSTAR NEWS SERVICE**

UEFA Cup Shakhtar successful



Shakhtar Donetsk captain Darijo Srna holds up the UEFA Cup trophy after defeating Werder Bremen 2-1 yesterday in the final soccer match at Sukru Saracoglu stadium in Istanbul, Turkey. The UEFA Cup is considered Europe's No. 2 soccer competition, behind the Champions League.

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Metro Homes

End violence with a sale

On Saturday, Royal LePage will host the National Garage Sale for Shelter in support of the Royal LePage Shelter Foundation, a program dedicated to ending violence against women and children. The event will be held in 80 communities across Canada. For more info, or to find a garage sale in your community, visit royallepage.ca/shelter. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Start livening up your backyard

LEYLA EMORY
for Metro Canada

Canada really only has two seasons: Skiing and patio. This year it's all about bringing the patio into the backyard.

"The major trend is outdoor lounging," says Kennedy McRae, one of the founders of the landscape design firm Earth Inc. and host of HGTV's Dirty Business.

"Everyone's buying long couches and corner sectionals. It's not just about a formal sitting area anymore. There's a table area and then there's the kick-back-and-hang-out area."

The idea is to move your inside outside for the three or so coveted months of warm weather. "It's about extending your living area," says McRae. "Your backyard is the biggest room you own — often the same size as your house. To not use it is crazy."

But the expense doesn't have to be.

"Do not spend the money on the flooring. Half the space is going to be taken up by furniture anyway," McRae says. "Do a pea gravel patio. It gives a little on all the legs of your furniture so there's no rocking. There's a really relaxed feeling to gravel. It's more down to earth and adds a



You can enjoy the perfect patio in this patio weather from your own backyard.

little whimsy."

But if you want the structure of a deck, "get a contractor to come in and do the framing but then do the decking yourself," suggests Mag Ruffman, toolgirl of toolgirl.com. "All you're doing is nailing or screwing boards down and anybody can figure that out."

For a long-term investment, go with composite decking, suggests Frank

Turco, colour trend and design manager at The Home Depot. "It's a huge trend," says Turco. "It's not inexpensive, but it's a maintenance-free product guaranteed for 25 to 30 years, depending on the brand."

Otherwise, spend the money on verticals. "Vertical elements like a stream or a tree are more of a wow factor," says McRae. "Anything upright creates more

sense of space. A collection of tree trunks works great. Or try multi-stem trees that make it feel like there's more than one."

The same goes for gardening. "Vertical gardening is huge," says Turco. "Instead of just planting into the ground, people are planting up the wall. So you're getting a lot more vertical florals available on the marketplace."



Vertical elements create a sense of space, says Kennedy McRae, inset, host of HGTV's Dirty Business.



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Research key when hiring a contractor

JON TATTRE
for Metro Canada

When you hire a contractor to renovate your home, you are going to spend a lot of time with him and his crew, and even longer with the final work. Choosing the right contractor is critical.

Michael Gough of the Canadian Home Builders Association says homeowners want to know the project will be done properly, on time and at the agreed-upon price.

The best way to ensure that is to get a contractor you can trust. Check with friends and family for recommendations. Your local Home Builders Association will have a list, or look at ads and the phone book.

"When you locate contractors based only on ad-



Before hiring a contractor, you should check their references, says Michael Gough of the Canadian Home Builders Association.

vertisements, you need to take extra care to get and follow up on references," Gough cautions. Get at least three past-customer references — and call them.

"Some consumers won-

der about the value of contractor-provided customer references, assuming they won't be given the names of dissatisfied customers," says Gough. "While there is certainly some truth to this, don't underestimate

what you can learn about a contractor, even when talking with satisfied customers."

Next up is the interview stage. Get your contractor's history: How long she's been in business, her experience doing jobs like yours, how her company operates (for example, do they have their own staff or regular subcontractors?) and get a ballpark estimate on the cost and time.

"If you find you are not comfortable talking with them, or they are not able to answer your questions adequately, they are probably not the right contractor for you," advises Gough. "Don't hire them."

When you've got your contractor, check for proof of business liability insurance, Workers' Compensation coverage or equivalent accidental injury in-

surance, proof of bonding and/or licensing and proof of proper business registration. Why? If you've got a fly-by-night operation not properly insured and it goes wrong, you're on the hook.

"What would happen if someone you hired accidentally damaged your property or the property of one of your neighbours? Or if someone was injured?

Your contractor could end up costing you money," Gough says.

The Canadian Mortgage and Housing Corporation warns it can take two to three weeks for a contractor to prepare an estimate. Make sure the contractor provides you with a construction schedule before work starts, so you have a clear idea how things will unfold, it says.

Update your digs in seven easy steps

EVA LAM
for Metro Canada

Spring has sprung, and for many, that also means it's time to break out the paint rollers, dust off that measuring tape and start perusing the homeware catalogues.

Looking for ideas to give your digs a fresh look? We asked Margot Austin, senior design editor for Style At Home, and Tara Dalla-Nora, principal designer of the Toronto-based Inner Luxe, about this season's hottest home design trends.

1 Sunny hues: "I always suggest for spring and summer to do fresh citrus colours, like yellow-green," says Dalla-Nora. Shy about putting bold colours on walls? Bright yellows are also popular for accent pieces like vases and pillows.

2 Textured wallpaper: One of the biggest trends for wallpaper has been grasscloth, "papers with really

natural earthy textures — almost fabrics that are backed with paper," says Austin. Grasscloth wallpapers are even available in non-neutral colours such as navy or lavender.

3 Light woods: After years of dark woods, home furnishings are seeing the light again with lighter-coloured woods, such as birch and maple. Another tip: "Lighten up your furniture with metals or by having a few occasional glass pieces in there," says Dalla-Nora.

4 Rough-hewn edge: "I am seeing a really strong trend toward things that look handmade, a little more primitive in construction," says Austin. Referencing either a factory or an old schoolhouse is a popular look that can be achieved

Lighten up your furniture with glass pieces, such as these handblown glass vases (\$9.99-\$14.99 at HomeSense, homesense.ca).



with oversized clocks or large pendant lights that look as though they came off a factory floor.

5 Ethnic-inspired prints: "Ikat prints are quite popular right now, as well as a lot of prints inspired by, say, Indian traditional textile-making, like block prints," says Austin. Her tip for incorporating prints into your home: Buy a length of fabric, wrap it around a pre-stretched artist's canvas, and you've got a unique piece of art to hang on your walls.

6 Retro with a modern twist: "You don't want to go too overboard with retro, but adding a couple of retro elements is always really nice," says Dalla-Nora. She suggests pairing a few pieces of furniture from the '60s or '70s with

Fresh citrus colours are hot for spring and summer, as seen in these Sunban solar cell power work lamps (\$19.99 each at Ikea, ikea.ca).

more modern pieces, or using fabrics with a retro geometric pattern.

7 Bring the indoors outdoors: "As Canadians, the first sign of summer, we want to get outside and live outside," says Austin. She's seen a rise in fully-furnished spaces in yards, from outdoor kitchens — equipped with fridge and sink — to outdoor fireplaces.

"It also speaks to the trend of really making use of the space you already own," she adds. "Who needs a cottage if you can make your backyard function as if it's a retreat?"

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Home renovations — especially on bathrooms and kitchens — are a great way to perk up your investment, experts say.

Home updates add value

LEYLA EMORY
for Metro Canada



The economy may look grim, but your house doesn't have to.

Home renovations are a great way to perk up your life and your investment.

These days, financing a fixer-upper doesn't have to break the bank. With the new Home Renovation Tax Credit (HRTC) already cutting costs, banks are also out to help. "The best advice would be to sit down with a mortgage specialist and make an in-

"Kitchens, bathrms and basements are three places in the house that make the most impact in the resale of a house."

Mag Ruffman of toolgirl.com

formed decision based on facts," says John Turner, director of mortgage sales

at the Bank of Montreal.

BMO's combination of a mortgage and line of credit is one the more popular options lately, says Turner. "The Homeowner ReadLine lets you keep your mortgage portion under a mortgage and also have a line of credit portion to use for renovations. It's all under one borrowing limit ... As you pay down your mortgage, you increase your borrowing reserve. The interest rates are great and you only pay interest on what you use."

But use it wisely. "You've got to look at the return on the investment," says Mag Ruffman, Road to Avonlea's Olivia Dale turned toolgirl of toolgirl.com. "Kitchens, bathrooms and basements are three places in the house that make the most impact in the resale of a house."

Saving money while adding value comes down to education and materials, according to Ruffman. "Learn how to do things yourself." For the civic-minded, Ruffman recommends volunteering for Habitat for Humanity. "It's an amazing experience and you get to understand what goes in to the systems of a house."

Next to know-how is "know-where."

"When it comes to materials, you can save a lot of money by going to used building supply places," says Ruffman. "Habitat for Humanity runs one called ReStores. They're outstanding for value. All big cities have at least one."

But major retailers are also out to add value. The Home Depot's Top Up program ran last month allowing customers to receive 10 per cent back in gift cards on HRTC-eligible products between \$1,000 and \$10,000.

They plan to run similar promotions focusing on key seasonal categories throughout the year.

"It's a great incentive to get people into the stores and working on renovations," says Frank Turco, colour, trend and design manager at The Home Depot. "Obviously, it benefits us from a revenue standpoint, but in turn [it] benefits the consumers who can actually start to do some work even though we're faced with recessionary times."



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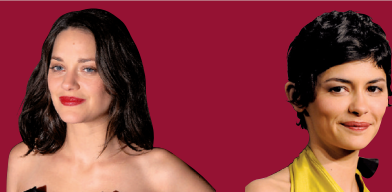
Banking can be this comfortable

One Night gift bag

Sunnybrook Foundation has revealed the list of items that will pack this year's One Night Live Gift Bag. It will include beauty products, children's home entertainment products, a limited edition print from a renowned Canadian artist and more. **METRO NEWS SERVICES**

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Style

**A fashion mini-film faceoff**

French actresses Marion Cotillard, far left, and Audrey Tautou are facing off in short films for two iconic Parisian brands. Marion Cotillard stars in a short film for Christian Dior called *Lady Noire Affair*. She wears a John Galiano-designed wardrobe in the long commercial, which promotes the brand's Lady Dior bag. Meanwhile, Tautou stars in a Jean-Pierre Jeunet directed clip for Chanel No. 5.

KENYA HUNT/METRO WORLD NEWS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Fantasy-worthy locks

Spring/summer 'dos call for big, cascading curls or cropped edgy manes

JENNIFER YANG
for Metro Canada

If hair is truly "the richest ornament of women," as revolutionary theologian Martin Luther once said, then this spring and summer, expect the ladies to look positively festooned.

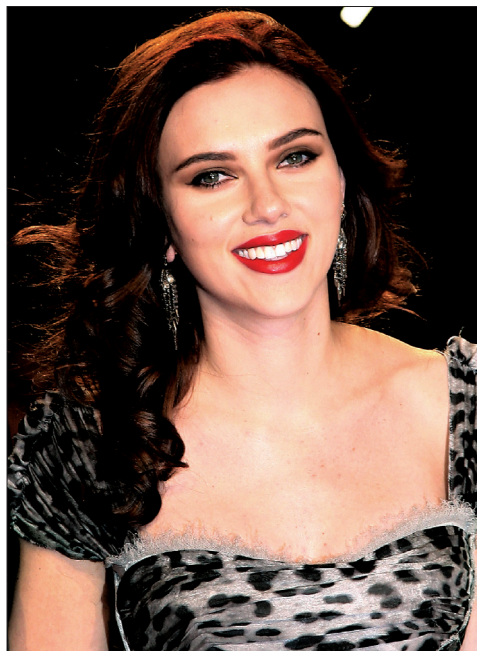
With those spring show-ers, tulips won't be the only things in bloom as women start planting pretty things in their tresses too. It seems hair accessories are suddenly in season again, says L'Oreal hair guru Eric Del Monaco, a beauty expert on Project Runway Canada.

"There's some beautiful stuff," Del Monaco says. "Really nice jewel pieces, ceramic pieces. It's all about creating your own fantasy."

Del Monaco is also the official hair artist for Toronto Fashion Week and started using accessories in October for the spring 2009 collections. His favourites are the chic feather accents he's seen, worn flat and sleek against the scalp.

But for those who can't wrap their heads around all the beads and plumage, spring and summer hair is still full of fun and fantasy, Del Monaco says, with manes going big, curly and cascading. "That hair straightener is going out the window," Del Monaco says. "For the daytime, it's just big, huge, loose curls that can be made anyway... sort of '60s, big, flippy hair."

As for those sticky sum-



Spring and summer hair looks are full of fun and fantasy. Two trends experts are suggesting include the big, curly cascading Brunette mane (see actress Scarlett Johansson, left) and the short croppy blond bob (see model Agyness Deyn, right).

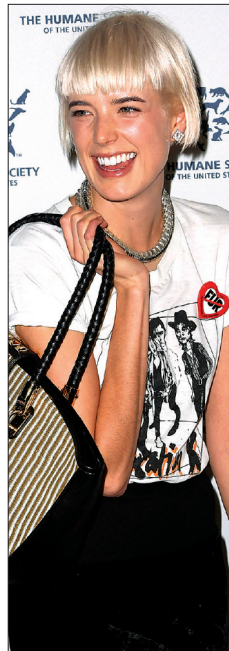
"The hair straightener is going out the window."

Eric Del Monaco, beauty expert on Project Runway Canada

mer evenings, keep the curls intact but slick them back with a dollop of gel, Del Monaco says.

Nighttime looks are more elegant and constructed, similar to Kate Winslet's glam 'do from this year's Oscars.

"Leave the house in the morning with some big curls and at night, before leaving the office, you can just put in some gel, put it up in a bun and off you go," Del Monaco explains. "For hot summer nights that look's really hot, es-



pecially if you have a hot tan."

As for colour, Del Monaco says the shade this season is Brunette, with lots of "tortoise-shell" and "cinnamon-kissed" browns.

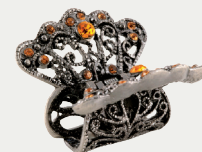
But for Melissa Baca, owner of Toronto salon Madfactory, she says many of her clients are swinging to the other hair extreme and requesting the Agyness Deyn: cropped, catwalk-edgy and white blond.

"It's a short, choppy kind of bob... croppy in the back and longish to

chic accents

Hair accessories are in season — try some of these fun accents:

• Goody Cecilia side comb, \$6.49. Available at most mass drug stores.



• Goody Lydia claw clips, \$8.99.



• Goody Lenora salon clips, \$5.49.

the front," Baca explains. "A lot of blond and more of that sort of peroxide-y blond."

But amusingly, most of Baca's clients are fantasizing about a different celebrity's hairdo this spring — a little lady whose hair accessories are probably more of the plastic and glitter variety.

"It's kind of funny but we've had a lot of clients ask for Suri Cruise's hair (daughter of actors Tom Cruise and Katie Holmes)," laughs Baca. "We hear she's got a good stylist."



YSL cage silver shoe, \$1,295, Holt Renfrew. (More affordable versions of the cage shoe are available at Aldo and Browns).

Cage match over racy shoes

TREND There is a rage over cage shoes this season.

It ignited at the spring/summer 2009 Yves Saint Laurent collection shown in Paris last October. Designer Stefano Pilati sent his models down the runway, their feet encased in a shoe featuring thin strips of leather that form a grid-like pattern and perched on a metal cage-inspired heel.

In essence, this short bootie looked like a cage imprisoning the model's foot.

It has since set the fashion world and the blogosphere all a-twitter.

Naturally, when you put the words cage and women together you're bound to ignite a frenzy.

Type the words "YSL cage shoe" into Google search engine and about 60,000 results pop up.

This architectural shoe is drawing extreme reactions, dividing footwear fanatics on the web into two camps. Those that loathe it and those that can't wait to get their hands on it.

TORSTAR NEWS SERVICE

FlareFashion

Lisa Tant



Read the blog at metronews.ca/flarefashion

Fashion in brief

JOBS As the economy gets ugly, droves of out-of-work Australians, male and female, are finding a career in beauty really pays. Avon, the largest direct selling beauty company in the world, has recruited more than 7,000 door-to-door saleswomen — and men — in February alone, as the global financial crisis deepens. The company, which has tens of

thousands of representatives in Australia, said in addition to the usual stay-at-home moms looking for extra income, new recruits include female executives and financial professionals, as well as a few more men. "The downturn in the economy has seen a huge increase in Avon representatives," said Avon's advertising and PR manager Michaela Groves. **REUTERS**

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Food

Quinoa can be added to stews and soups (it thickens it up), or as an alternative to oatmeal — just add honey, nuts or berries, as desired.

BARB HOLLAND/FOR METRO CANADA



Storing

Store quinoa in a glass or plastic container in a cool, dry dark place. Ideally stored, it should stay fresh for up to one year.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

All hail the UN's super crop

À la carte

Barb Holland

metronews.ca/alacarte



Quinoa may seem like a new grain, but in fact it was a staple of the ancient Incas. Pronounced keen-wah, it is so high in protein — 13 per cent — that the United Nations classified it as a super crop. It has more protein than any other grain and all eight essential amino acids. It is also higher in unsaturated fats, lower in carbohydrates than most grains and high in fibre.

Aside from its fab health properties, it is easy and quick to cook and has a light, fluffy texture with a mild, slightly nutty flavour. What's not to like? It makes a nice change



The protein in quinoa along with the cheese and nuts, if using, makes this an ideal vegetarian dish.

from couscous or rice, and one cup makes a generous four cups.

Quinoa and Vegetable Salad

This makes tasty leftovers for tomorrow's lunch. Makes four to six servings.

INGREDIENTS:

- 1 cup (250 ml) quinoa, well rinsed (as per

package)

- 2 cups (500 ml) water or broth

- Pinch salt
- 1/4 cup (60 ml) olive oil
- 2 tbsp (30 ml) fresh lemon juice
- 1 clove garlic, minced
- 1/2 tsp (2 ml) each: dried oregano leaves and salt
- 1/4 tsp (1 ml) pepper
- 1/2 lb (250 g) cooked asparagus* (grilled or

steamed), cut into 1 inch (2.5 cm) pieces

- 1 red or yellow pepper, diced
- 3 to 4 green onions, sliced
- 1 cup (250 ml) halved cherry tomatoes
- 1/2 cup (125 ml) crumbled feta cheese
- 1/3 cup (75 ml) toasted walnuts or pecan halves, optional

METHOD:

Place quinoa in a medium saucepan with water and salt or broth; bring to boil. Reduce heat, cover and simmer 15 minutes or until tender. If necessary, drain off any liquid. Transfer to large bowl and fluff with a fork.

Meanwhile whisk oil, lemon juice, garlic, oregano, salt and pepper together. Prepare vegetables.

Add vegetables to quinoa, pour dressing over all and toss well. Sprinkle

with feta cheese and nuts just before serving.

* Use a seasonal vegetable when asparagus is not in season, green or yellow wax beans, broccoli, etc.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Local Savour

MHK Sushi

mhkreastaurant.com
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613-798-0800

California roll, \$5.50

If you blink while driving past tiny Westboro Village sushi spot MHK, you might miss it. With less than 10 tables, high-backed chairs, and large fish tanks built into the deep red walls, MHK looks more like a large modern dining room than a restaurant. The small restaurant is worth cramming into though, for what is arguably Ottawa's best sushi.

Looking for the good life? Rocco shares his secret

SunnySide

COOKBOOK These days, does it seem like all news is bad news? Metro borrowed the following edited excerpt and recipe from David Rocco's latest book *Dolce Vita* (HarperCollins) to breathe a little fresh air into your life. The good life.

Dolce Vita

Literally translated, dolce vita means "sweet

life." Life has its ups and downs, but I believe you can find a little dolce vita even on the worst days.

To me, dolce vita has nothing to do with money or social status or possessions. It's about being present in those moments in life that bring you joy. It's a sip of perfect espresso in the morning. It's the patina of a rugged old kitchen table that has seen a thousand family dinners. It's a nod hello to a stranger.

Dolce vita is linked to food, cooking and family. I remember waking up on Sunday mornings and hearing my mom in the kitchen, with the radio tuned to an Italian station. The air would be rich with the smell of his espresso, and I'd get a little poured into my glass of warm milk.

That's dolce vita!

Brutti Ma Buoni (Ugly but Good)

These cookies aren't really ugly, but they're definitely good and easy to make. The name comes from the fact that they don't have a regular cookie shape. These are native to Tuscany and were invented to use up egg whites, because so many Tuscan dishes call for the yolk. This is a very forgiving cookie recipe in that a little extra of an ingredient won't sabotage it. Makes 24 cookies.

INGREDIENTS:

- 6 egg whites
- 1 cup (250 ml) toasted almonds, coarsely chopped
- 1 cup (250 ml) toasted hazelnuts, coarsely chopped



These cookies are definitely good and easy to make, says TV host and cookbook author David Rocco.

- 3/4 cup (175 ml) sugar
- 1 tbsp (15 ml) all-purpose flour, plus extra for dusting
- 1 tbsp (15 ml) cocoa powder
- 1 tbsp (15 ml) amaretto
- 1 1/2 tsp (7 ml) vanilla extract
- Butter, for greasing cookie sheet

METHOD:

Put the egg whites in a bowl and beat them until they get very airy and form nice white peaks. It's important that the peaks not break, so don't overbeat them. The airiness gives the cookie its light texture, so don't dump in your other ingredients. Instead,

sprinkle in the almonds, hazelnuts, sugar, flour, cocoa powder, amaretto and vanilla. Now gently, gently fold everything together.

Grease a cookie tray with some butter, dust it with a little flour and then use a spoon to drop the dough onto the tray in little blobs, leaving approximately 1 inch (2.5 cm) between each one.

Bake for 20 to 30 minutes or until golden and firm to the touch. If you like chewier cookies, underbake them slightly. Remove them from the oven and transfer them to a wire rack.

Let them rest for 30 minutes or until cooled.

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Don't cry for me, Argentina

Visiting a wine producing country for the first time is a lot like finally meeting a celebrity you're crazy about.

What you hope against hope is that they'll live up to your expectations in person. Well, after a week in Argentina last month I can officially tell you that the land of red wine (and whites too), red meat and amazing empanadas more than lives up to its liquid reputation.

The province of Mendoza is ground zero for great vino. There malbec is king and tasting a series of wines with Daniel Pi — chief winemaker for Trapiche — brought that fact home loud and clear. If you don't know the grape **Trapiche's 2007 Malbec (\$8.85 - \$11.99)** is the place to start. Not too spicy or juicy; its ripe core of bright black fruit is easy to drink and barbecue-friendly. One of the most original wines I tried came from the minds at Masi. The Italian wine producer set up shop in Mendoza's Tupungato Valley to blend malbec with corvina (a grape originally from Italy's Veneto region). The resulting **Masi Tupungato 2007 Passo Doble (\$13.95 - \$17.99)** is a beef-loving, new wave South American with Old World roots.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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In Touch previously reported that since reuniting earlier this year, Pink and Carey Hart have been planning to renew their wedding vows. And on Saturday, that's exactly what they did. INTOUCHWEEKLY.COM

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Gossip dance

Gossip Girl hottie Chace Crawford will be kicking off his Sunday shoes in the remake of Footloose, stepping into the void left behind when Zac Efron dropped out, Paramount Pictures has confirmed. PEOPLE.COM



Eminem returns with Relapse

Sunparlour Players, Steve Earle, Method Man and Redman also release new music

Eminem

Album: Relapse
Label: Interscope/Universal
Rating: ●●●●

AS SOON AS RELAPSE'S first official single hit the airwaves, it was clear that Eminem was trying a little too hard. We Made You, with its carnival beat, frantic flow and aimless C-list targeting, was a desperate-sounding entry to his first album in five years. Fortunately, it's the worst song on Relapse, an album that finds Slim Shady pushing his wordplay and ultraviolent persona to the limit over fiery Dr. Dre production. While the work is obvious, Relapse is much more satisfying than his last album, Encore, where he didn't try at all.

Jason Richards/for Metro Canada



MusicReviews

music@metronews.ca

honesty to these 13 songs that is irresistible. A gentle banjo strum gives way to the urgency of a marching drum. There's danger up ahead and Andrew Penner's beguiling voice serves up a warning cry. Playing dark but delicate rhythms on a multitude of instruments, bandmates Dennis Van Dine and Michael Rosenthal add a Stephen King sense of pace. The song Battle of '77 has all the hallmarks of a classic.

Graham Rockingham/for Metro Canada

Steve Earle

Album: Townes
Label: New West Records
Rating: ●●●●

STEVE EARL DOESN'T have to prove himself anymore. He can do whatever he pleases. So if he wants to release an album of Townes Van Zandt covers, he can go right ahead and do it. Townes is one of those great American songwriting tragedies. Whiskey, drugs and mania. Died before his genius got the recognition it deserved. Earle was about as close as anybody got to Townes, even named his son after him. So who better to cover Townes than Earle?



Eminem pushes his wordplay and ultraviolent persona to the limit on Relapse, his first new album in five years.

Some will say the song selection could have been better. Some will say Earle's voice fails to do the lyrics justice. It's true this album probably won't serve to make the songs of Townes any more popular than they already are. But that's not what this album is about. It's a labour of love, by a guy who can do whatever he pleases.

Graham Rockingham/for Metro Canada

Method Man and Redman

Album: Blackout! 2
Label: Def Jam
Rating: ●●●●

THIS ONE'S AIMED squarely at rap fans who reminisce about Primo and the RZA; about a time when two hyper-kinetic car-



toon heads puffed blunts and traded raspy rhymes over bass-heavy party beats. Blackout! ingredients are here — guest raps by Erick Sermon and Keith Murray, clouds of cheeba smoke, goofy humour, point-counterpoint rhymes and soul samples. Sure, Mef and Red's references might be a bit stale (Amistad, Vince Vaughn, Liu Kang from Mortal Kombat) but their verses still snap, and they make concessions: UGK's Bun B, glitchy production, a vocoder. The best tracks (A-Yo; Four Minutes to Lockdown; Dangerous McCees) run on '90s charm. These are songs for late night car window roll-up sessions.

Rob McMahon/for Metro Canada

White Rabbits

Album: It's Frightening
Label: TBD/MapleMusic
Rating: ●●●●

WHITE RABBITS' DRIVING rock was what made the New York sextet the must-see band of 2007, so it's a bit of a surprise to see the group has toned things down on its sophomore record. While there are still some amped-up, Walkmen-like numbers — namely the disc opener Percussion Gun — there are also a number of softer grooves that bring Spoon to mind. Which makes sense, as Spoon's Brit Daniel produced the disc. The more relaxed tunes, such as The



Salesman, are actually the highlights here, proving that the band has more than fuzzy guitars and piano pop in its arsenal.

Bryan Borzyskowski/for Metro Canada

Lionel Richie

Album: Just Go
Label: Island/Universal
Rating: ●●●●

LIONEL RICHIE MUST have noticed that "contemporary" R&B was starting to degenerate into the type of pop schlock he was topping the charts with in the early '80s. So what better time for the 60-year-old popster to try for a comeback. If Glen Campbell and Tom Jones can do it, why not him? Sorry, Lionel, but the world's not ready for you, yet. The youngsters only know you as Nicole's daddy. And the oldesters? They traded their dancing boots in for orthopedic shoes long ago. Lyrics like "party 'til there's nothing left to give" take on a whole new meaning now. Still, Lionel gets points for sheer tenacity. It's amazing how little his style has changed over the decades, even with Akon backing him up. But for the big comeback, he's going to have to wait until Nicole completes her slide into oblivion.

Graham Rockingham/for Metro Canada



Sunparlour Players

Album: Wave North
Label: Outside
Rating: ●●●●

THE SUNPARLOUR PLAYERS succeed where so many other folk revivalists fail, finding poetry in their own backyard. They plow the fields of southwestern Ontario and comb the north shores of Lake Erie for stories of universal texture. There is an



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Ono holding haiku contest

John Lennon's widow Yoko Ono is sharing her Japanese heritage with the people of London. She will be judging a contest in which Londoners have been challenged to write a haiku about the British summer, and post it on their Twitter accounts by Friday. FEMALEFIRST.CO.UK



Closer to damnation

Terminator Salvation

Director: McG

Stars: Christian Bale, Anton Yelchin

Classification: 14A

Rating:

CHRIS ALEXANDER
for Metro Canada



For all its impressively spine-shaking stereo sound and grim, digitally goosed fury, *Terminator Salvation* is just another hollow and harmless serving of mealy Hollywood pabulum, gleefully homogenizing the ideas forged in James Cameron's iconic 1984 original and making even the tepid *Terminator 3* look like something Isaac Asimov penned by comparison.

In this unwanted and perfunctory prequel/sequel slog, the robot apocalypse's chief adversary, resistance leader John Connor (Christian Bale) is trying to find his would-be teenage father Kyle Reese (Anton Yelchin) before the evil cybernetic empire called Skynet erases him, thus eliminating Connor's existence.

Confused? Not as confused as supposedly executed death row prisoner Marcus Wright (Sam Worthington, who's very good in an underwritten role) who literally wakes up after a nuclear blast and spends much of the movie's running time stumbling about the desert evading android annihilation.

Speaking of confusion, those unfamiliar with at the least the first film, won't have a robo-chance figuring out the time twisting storyline or caring about any of the blank-eyed characters (including the obligatory and wince inducing cute kid with the perfectly coiffed afro) while those who are savvy to the sophisticated, cerebral ideas the series offered will most likely loathe it.

Director McG brings much of the rock video in-

On the web

- For a Terminator Salvation trailer, photos and screen times, or to buy tickets, visit metronews.ca/movies.

formed razzle dazzle he slathered on the Charlie's Angels movies and there are a few borderline brilliant action set pieces, including a giant robot human harvester sequence straight out of War of the Worlds and a crowd pleasing bit where former Terminator poster boy Arnold Schwarzenegger makes a CGI-tweaked appearance.

The film also has a nice, bleak, arid and burnt out look that, in some of Worthington's scenes, even recalls vintage Sergio Leone spaghetti western (Danny Elfman's tone score even quotes Ennio Morricone from time to time).

But Bale is thoroughly wasted, the script is formless, joyless garble, the violence is tame and the undercooked themes of man vs. machine were perfected in the otherwise imperfect Matrix movies.

All in all, a massive disappointment that's closer to Transformers than Terminator.

Screen times

Thursday screenings for Terminator Salvation:

• **COLISEUM OTTAWA:** 3:45-4:15-7:30-9:45-10:15

• **EMPIRE 7 CINEMAS:** 3:50-6:40-9:40

• **SOUTH KEYS:** 10:10-10:40-1:14-4:44-7:45-9:45-10:20

• **CINEMA DES GALERIES**

D'AYLMER: 7-9:30

• **STARCITE HULL:** 12:45-

1:30-3:30-4:6-25-7-9:50

• **BARRHAVEN CINEMAS:**

6:10-9:10

• **GLOUCESTER SILVERCITY:**

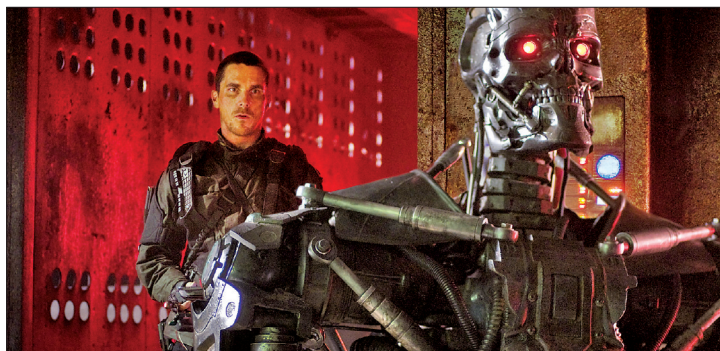
11:30-12:20-3:20-4:50-

6:40-7:30-9:30-10:10

Times are subject to change.

Complete listings at

metronews.ca/movies.



Christian Bale has a close encounter with one of the "machines" in *Terminator Salvation*.

Philippines blasts Baldwin comment

PROTEST The Philippines has strongly protested a joke made by actor Alec Baldwin about getting a Filipina mail-order bride, describing it as "insensitive," Manila's foreign ministry said yesterday. Women's group in the Philippines were also outraged after Baldwin's interview on the *The Late Show* with David Letterman last week was posted on YouTube. **REUTERS**

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KINGSOFLEON.COM

Allen takes American Idol title

TV Arkansas college student Kris Allen won the eighth season of *American Idol* last night, dealing an unexpected defeat to musical theatre actor Adam Lambert on the most popular U.S. television show.

Allen, who won over audiences by putting his per-



Kris Allen

sonal, acoustic spin on popular tunes, was shocked as rival Lambert embraced him follow-

ing the announcement by host Ryan Seacrest. **REUTERS**



Miley Cyrus has hit back at those who called her fat because of her "jiggling thighs," Digital Spy reports. "Talk all you want. I have my flaws. I'm a normal girl, there's things about my body I would change but stop with calling me fat," she wrote. FEMALEFIRST.CO.UK

Miley's mad

Night at the Museum sequel aims to kick things up a notch

STEVE GOW
for Metro Canada



Movie feature

When Night at the Museum hit theatres in 2006, there was little pressure on Shawn Levy.

Sure, the Montreal-born director expected his movie to do well (Ben Stiller had a decent track record after all) but he never would've predicted the comedy would pull in nearly \$575 million US worldwide.

So when Levy was approached to make the blockbuster's highly-anticipated sequel, he naturally felt a twinge of anxiety.

"It was daunting because

there was so much goodwill towards the first movie and we only wanted to make a sequel if we could make it better than the first," said Levy over the phone from a Hollywood soundstage. "In that regard, the pressure was self-inflicted. Ben and I wanted to make a movie that was not just bigger but actually better."

As such, Night at the Museum: Battle of the Smithsonian was born. In the sequel finds ex-guard Larry Daley (Stiller) keeping tabs on the

nocturnally-resurrected museum artifacts when they get shipped to the Smithsonian and face an ancient evil pharaoh (Hank Azaria).

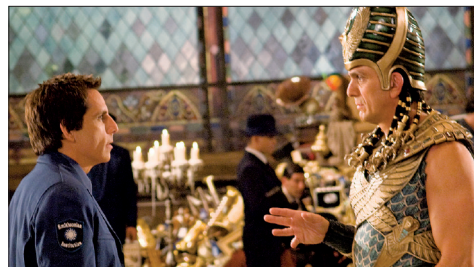
"Part of (the key to success) was setting the movie at the biggest museum in the world (where we were) guaranteed an escalation of scale," said Levy. "Because the Smithsonian is 19 different museums, the range of exhibits promises real diversity in the sequences."

But Battle of the Smithsonian would be nowhere without its indulgence in computer effects as well. The comedy relies on a

massive amount of CGI, animating everything from a Teddy Roosevelt bust to the Abe Lincoln Memorial.

"The daily challenge of being the director of this movie is keeping the balance right between comedy and CGI and understanding the comedy comes first every time."

CGI created other challenges as well. Since Stiller is not a fan of working opposite non-existent characters, scenes that involved conversations with computer-generated objects (like an Einstein bobble-head doll) became tricky. But Levy found a way



Ben Stiller, left, and Hank Azaria in Night at the Museum: Battle of the Smithsonian, in theatres tomorrow.

around it.

"Every time Ben acted with a (computer-generated) character, I played the character," admitted Levy.

"He likes reacting off something real so there's a lot of embarrassing off-screen acting done by me in the making of these movies."

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Disneynature turns cameras on cats, chimps

FILM Disneynature, the Walt Disney Studios' new film label, has begun production on two feature-length nature documentaries, Chimpanzee and African Cats: Kingdom of Courage.

The new productions, announced by Disneynature executive vice president and general manager Jean-Francois Camilleri, extends the banner's relationship with filmmakers Alastair Fothergill and Mark Linfield, who directed Disneynature's first release, Earth, which bowed stateside in April and has grossed \$29.1 million US.

Cats is scheduled for worldwide release beginning in 2011. It focuses on two families of African cats and is being shot in Kenya's Masai Mara. Chimpanzee, scheduled for release in 2012, will follow a group of chimps living in the rain forests of the Ivory Coast and Uganda.

CW picks up three series for fall

TELEVISION The CW has added three scripted series to its fall primetime schedule: Melrose Place, Vampire Diaries and Beautiful Life. The network hinted at its plans for Melrose Place and Vampire Diaries last week when it gave both pilots permission to start making offers to writers and directors.

Melrose Place could well pair up with 90210, repeating the launch pattern for the original Melrose Place, which followed Beverly Hills, 90210 on Fox in fall 1992.

With its name recognition and built-in buzz factor, Melrose was an instant favorite before a page of the script was written.

REUTERS

Imax: Small is big

Execs brush off screen controversy

Imax executives sought Tuesday to wow the media at a company presentation while also performing a bit of damage-control amid a controversy over the size of the specialty exhibitor's new digital screens.

That might sound like an awkward dance step, but corporate twists and turns are nothing new for Imax veterans.

Long known as a "giant-screen exhibitor" thanks to a circuit of movie screens as tall as 76 feet, the Toronto-based company is manoeuvring into digital projection by rolling out hundreds of new venues. The move is connected to Imax's other recent strategy of regularly programming its auditoriums with commercial movies like last summer's *The Dark Knight* and current hit *Star Trek*.

Most of Imax's original venues were based in museums, and for years the exhibitor showed mostly nature and space films. "Most of the films were bears,



Imax's is regularly programming its auditoriums with blockbusters such as *Star Trek*, which has proved to be a great success.

whales and seals," Imax co-CEO Rich Gelfond recalled.

The transition into Hollywood-oriented digital cinema has been good for Imax shares, which have steadily risen during the past six months. The stock dipped three cents to close at \$7.03 yesterday.

But investors were jarred briefly when actor Aziz Ansari of NBC's *Parks and Recreation* complained in a Twitter-fuelled blast that he felt duped into thinking he would be seeing *Star Trek* on a giant screen, only to discover its digital

screens were close to conventional size. Ansari noted he paid a \$5 premium to see the sci-fi action film in an Imax auditorium.

Imax officials dealt with the matter by labelling it an old issue that hadn't kicked up a fuss until now. The average Imax screen size has been just slightly bigger than conventional screens for about six years, ever since the company began offering less expensive Imax-format systems for easier implementation in multiplexes, they noted.

REUTERS

Star confirms Twilight's 4th coming

FILM Robert Pattinson, who shot to stardom in *Twilight* and is now filming the second and third movies in



the franchise, confirmed yesterday at the Cannes festival that there will be a fourth instalment of the vampire

franchise, based on the book *Breaking Dawn*.

Pattinson told *The Hollywood Reporter* that he is committed to starring in the fourth outing but doesn't know when studio Summit Entertainment will begin production because of the actor's jam-packed shooting schedule.

REUTERS

Kenya'sStyle

Kenya Hunt

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metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:

metronews.ca/movies

| OT | Vu | SC | C | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---------|-----|-----|-----|------|---|---|---|---|---|--|------------------|-------|
| 5/21/09 | 265 | 353 | 2 | TVO | Failed Inventions | The Agenda With Steve Paikin | The Children (Part 3 of 3) | The Office | The Office | True Meaning of Pictures | Agenda-Paikin | |
| | 211 | 331 | 3 | GTV | ET Canada | NCIS "Heartland" (HDTV) | The Office | The Office | The Office | Harper's Island (N) | News | |
| | - | - | 5 | SRC | Des squelettes | Perdus (HDTV) (SC) | Bons baisers de France (SC) | Bons baisers de France (SC) | Bons baisers de France (SC) | Le Téléjournal et Les Nou | La Zone | |
| | 209 | 342 | 6 | CHRO | The Road to Avonlea | Old Christine | Old Christine | Grey's Anatomy | Grey's Anatomy | (10:01) Flashpoint | Comedy Now | |
| | 196 | 311 | 7 | CTV | Hollywood | So You Think You Can Dance Dancers audition. (N) | So You Think You Can Dance Dancers audition. (N) | So You Think You Can Dance Dancers audition. (N) | So You Think You Can Dance Dancers audition. (N) | Southland "Derailed" (N) | News (N) | |
| | 208 | 303 | 8 | CBC | NHL Hockey Playoffs - Teams TBA. | Jeopardy! (N) | Minds | 30 Rock | 30 Rock | CBC News: The National | The Hour | |
| | - | 360 | 9 | NBC | Wheel-Fortune | Jeopardy! (N) | Minds | 30 Rock | 30 Rock | Southland "Derailed" (N) | News (N) | |
| | 117 | 713 | 10 | TVA | Dépenses xtr | Marché | Dr. House (HDTV) (SC) | Destination Nor'Ouest (SC) | Destination Nor'Ouest (SC) | TVA 22 heures | Sûr-salé | |
| | - | - | 11 | QS | Loft Story | Avec Albert | Au-delà de la vérité (2005, Suspense) | Tori Spelling | Tori Spelling | Cent dix pour cent (SC) | Loft Story | |
| | 137 | 763 | 12 | TFO | Panorama | Panorama | Territoires | Le Journal d'un curé de campagne *** (1950, Drame) | Le Journal d'un curé de campagne *** (1950, Drame) | Cent dix pour cent (SC) | Loft Story | |
| | - | 362 | 13 | CBS | Dr. Phil (HDTV) | Dr. Phil (HDTV) | NCIS "Heartland" (HDTV) | NCIS "Heartland" (HDTV) | NCIS "Heartland" (HDTV) | (10:01) Flashpoint | TwoHalf Men | |
| | 216 | 395 | 14 | OMN2 | Raymond | Raymond | News (N) | News (N) | News (N) | TwoHalf Men | King | |
| | 214 | 344 | 15 | CITY | Law & Order: SVU | Law & Order: SVU | Ugly Betty "Curvball: The Fall Issue" (N) | Ugly Betty "Curvball: The Fall Issue" (N) | Ugly Betty "Curvball: The Fall Issue" (N) | Privileged | News (N) | |
| | 115 | 343 | 16 | CFMT | 2Half Men | The Simpsons | News (N) | Vivere II | News (N) | The Simpsons | King of the Hill | |
| | 218 | 345 | 18 | ET | The Insider (N) | El News | Name Is Earl | Soup Presents | The El True Hollywood Story | Terminator: TBS | News (N) | |
| | - | 361 | 20 | ABC | News (N) | Entertainment | Ugly Betty "Curvball: The Fall Issue" (N) | Ugly Betty "Curvball: The Fall Issue" (N) | Ugly Betty "Curvball: The Fall Issue" (N) | Grey's Anatomy | News (N) | |
| | 512 | 396 | 24 | CPAC | Commissions d'enquête | Commissions d'enquête | Heure poltice | L'Heure poltice | L'Heure poltice | Revue | Dossier public | |
| | 651 | 355 | 25 | CTS | Happy Days | Laverne | Michael Cohan Show | 100 Huntley Street | 100 Huntley Street | Life Today | This Is Day | |
| | - | 365 | 36 | FOX | TMZ (N) | Seinfeld | So You Think You Can Dance Dancers audition. (N) | So You Think You Can Dance Dancers audition. (N) | So You Think You Can Dance Dancers audition. (N) | News (N) | News | |
| | - | - | 64 | PBS | Business Rpt. | Equitrekking | Wolf: Travels | Time Goes By | Monarch of the Glen | Poldark | Charlie Rose | |
| | 205 | 312 | 104 | CTV | Hollywood | etalk | So You Think You Can Dance Dancers audition. (N) | So You Think You Can Dance Dancers audition. (N) | So You Think You Can Dance Dancers audition. (N) | Southland "Derailed" (N) | News (N) | |
| | 502 | 390 | 26 | NW | CBC News | Newman | The Hour | CBC News: The National | CBC News: The National | CBC News: The National | National | |
| | 500 | 500 | 33 | CNN | Lou Dobbs Tonight | Campbell Brown: No Bias | Campbell Brown: No Bias | Larry King Live (N) | Larry King Live (N) | Anderson Cooper 360 | Cooper 360 | |
| | 406 | 417 | 27 | net | CHL Hockey MasterCard Memorial Cup Tie-breaker - Teams TBA. From Rimouski, Que. | CHL Hockey MasterCard Memorial Cup Tie-breaker - Teams TBA. From Rimouski, Que. | CHL Hockey MasterCard Memorial Cup Tie-breaker - Teams TBA. From Rimouski, Que. | CHL Hockey MasterCard Memorial Cup Tie-breaker - Teams TBA. From Rimouski, Que. | CHL Hockey MasterCard Memorial Cup Tie-breaker - Teams TBA. From Rimouski, Que. | Sportsnet Connected | Hockey Central | |
| | 128 | 730 | 28 | RDI | 24 Heures en 60 minutes | Grands reportages (SC) | Grands reportages (SC) | The Téléjournal (SC) | The Téléjournal (SC) | RDI en direct | Le National | |
| | 400 | 280 | 30 | TSN | That's Hockey | Interruption | E-60 (N) | NBA Basketball Western Conference Final Game 2 - Teams TBA. | NBA Basketball Western Conference Final Game 2 - Teams TBA. | Score Tonight | Hockey Talk | |
| | 410 | 403 | 52 | SCR | Canadian Poker Tour | Hardcore Champ. Fight | Hardcore Champ. Fight | Poker Challenge | Poker Challenge | Bounty Hunter | Bounty Hunter | |
| | 411 | 457 | 56 | OLN | Bounty Hunter | Bounty Hunter | Departures | Mantracker | Mantracker | Wrecked (N) | Wrecked (N) | |
| | 417 | 406 | 59 | SC | NASCAR Racing Sprint Cup - Coca-Cola 600 Qualifying. (HDTV) (Live) | NASCAR Racing Sprint Cup - Coca-Cola 600 Qualifying. (HDTV) (Live) | NASCAR Racing Sprint Cup - Coca-Cola 600 Qualifying. (HDTV) (Live) | NASCAR Racing Sprint Cup - Coca-Cola 600 Qualifying. (HDTV) (Live) | NASCAR Racing Sprint Cup - Coca-Cola 600 Qualifying. (HDTV) (Live) | Wrecked (N) | Wrecked (N) | |
| | 554 | 544 | 48 | TEL | Totally Spies | Total Drama | 6TEEN | Futurama | Sky Captain and the World of Tomorrow *** (2004) | Sky Captain and the World of Tomorrow *** (2004) | Score Tonight | |
| | 557 | 540 | 51 | FAM | Wizards-Place | Han, Montana | Zack & Cody | Latest Buzz | Wizards-Place | Ned's School | Cory in House | |
| | 551 | 542 | 65 | YTV | Prank Patrol | Prank Patrol | Malcolm-Mid. | Futurama | In Real Life | Falcon Beach | Mystery Hnt. | |
| | 505 | 580 | 29 | MM | The Daily Fix | Ranked! | Ranked! | MuchMoreMusicOnStage | MuchMoreMusicOnStage | Entourage | Gene Simmons | |
| | 515 | 520 | 31 | A&E | The First 48 (HDTV) | The First 48 (HDTV) | The First 48 (HDTV) | The First 48 (HDTV) | The First 48 (HDTV) | Crime 360 (N) | The First 48 | |
| | 628 | 584 | 32 | SPKE | UFC Unleashed | UFC Unleashed | UFC Unleashed | TNA Wrestling (HDTV) (N) | TNA Wrestling (HDTV) (N) | UFC 98 Count | UFC 98 Count | |
| | 521 | 560 | 34 | TLC | Overhaul'n' (HDTV) | American Chopper | American Chopper | American Chopper (N) | American Chopper (N) | Street Customs (N) | Amer. Chopper | |
| | 515 | 561 | 35 | TVS | Destinations | Fourchette | Club social | Envoyé spécial | Envoyé spécial | Cité guide | Journal TV5 | |
| | 616 | 521 | 39 | SHO | The Outer Limits | Love-Death | Love-Death | Trailer Park | Trailer Park | American Pie 2 *** (2001, Comedy) | Law & Order | |
| | 620 | 523 | 40 | BVO | Storytellers | Snapshot | Bathroom Divas-Opera Star | Treed Murray *** (2001, Drama) David Hewlett. | Treed Murray *** (2001, Drama) David Hewlett. | MythBusters | Daily Planet | |
| | 520 | 505 | 42 | DIS | Daily Planet (N) | Hunt for the Mad Trapper (N) | Sasquatch: Legend | Reba | Reba | Hope & Faith | Gone Country | |
| | 575 | 583 | 43 | CMT | Shaye: This Is It | Home Improve. | Home Improve. | Reba | Reba | X-Weighted "Jamila" | ET Canada | |
| | 601 | 562 | 45 | SLC | Skin Deep | Til Debt-Part | X-Weighted "Amy" | X-Weighted "Amy" | X-Weighted "Amy" | X-Weighted "Amy" | Extreme Wind | |
| | 625 | 548 | 46 | COM | Air Force | Just for Laughs | Corner Gas | The Simpsons | South Park | VIP | Daily Show | |
| | 294 | 529 | 47 | TBS | House-Payne | House-Payne | Friends | Friends | Friends | Scream *** (1996, Horror) | HolmesOrleans | |
| | 600 | 564 | 49 | H&G | House Hunters | Property Virgin | Holmes in New Orleans | Disaster DIY | Big Amazing | House Hunters | House Hunters | |
| | 627 | 528 | 50 | SPC | Stormworld | Terminator | Star Trek: Voyager | The Scorpion King ** (2002, Adventure) The Rock. | The Scorpion King ** (2002, Adventure) The Rock. | The Scorpion King ** (2002, Adventure) The Rock. | Stargate SG-1 | |
| | 581 | 566 | 53 | MTV | Room Raiders | After | MTV News | Cribs | The Hills | After Show | True Life | |
| | 618 | 524 | 54 | TRCP | Vanity Insanity | Inside Hollywood | (DVS) | Seinfeld | Seinfeld | Family Guy | Married... With | |
| | 522 | 506 | 55 | HIS | NCIS "Lost & Found" | Ancient Discoveries | Go Deep "Earthrace" | Go Deep "Earthrace" | Go Deep "Earthrace" | NCIS "Lost & Found" | Marine Mach. | |
| | 129 | 773 | 60 | CD | Biographies "Paul Vincent" | Les Procureurs | Histoires de pégre (HDTV) | Histoires de pégre (HDTV) | Histoires de pégre (HDTV) | Histoires de pégre (HDTV) | Tornades | |
| | 261 | 394 | 61 | V | Murder, She Wrote | Wait for God | 'Allo, 'Allo! | Confidential | Confidential | Divine Design | Love It-List It | |
| | 602 | 567 | 62 | W | Will & Grace | Friends | Divine Design | Confidential | Confidential | Divine Design | Love It-List It | |
| | 269 | 350 | 70 | APTN | Warriors: TKO | Wapos Bay | By the Rapids | renewedepress | Johnny Mnemonic * (1995, Science Fiction) Keanu Reeves. | The Tonight Show-Jay Leno | TMZ | |
| | 621 | 527 | 71 | TLK | The Ellen DeGeneres Show (N) | TMZ (N) | etalk | American Idol Extra (N) | American Idol Extra (N) | The Tonight Show-Jay Leno | TMZ | |
| | 603 | 561 | 95 | FN | Chef at Home | Exotic | Restaurant Makeover | Jamie's School Dinners | Jamie's School Dinners | Ace of Cakes | Ace of Cakes | |

critics'corner

Southland

Officers Cooper, Sherman, Brown and Dewey (Michael Cudlitz, Ben McKenzie, Aija Bareikis, C. Thomas Howell) find a dead gang member in the trunk of a car outside Dodger Stadium. Detective Bryant (Shawn Hatosy) asks Lydia (Regina King) to take in Janilla (guest star Carla Jeffrey). The rift between Detective Saling (Michael McGrady) and his daughter grows in the season finale, "Derailed." 10 PM on 7 CTV



So You Think You Can Dance

Contestants — some of them with no formal training — go through a grueling series of challenges as they compete against each other for the title of America's favorite dancer, as the hit competitive reality series returns for its fifth season with host Cat Deeley and judges Nigel Lythgoe and Mary Murphy. At stake: a \$250,000 cash prize and national exposure that could lead to professional job offers. 8 PM on 104 CTV



Britney Spears' former bodyguard filed a lawsuit against the pop star. According to court documents, Kerry Vine claims he sustained physical injuries while working at her former home at the Summit in Beverly Hills in March 2008. **USMAGAZINE.COM**

Former bodyguard suing Britney

Celebrity Buzz

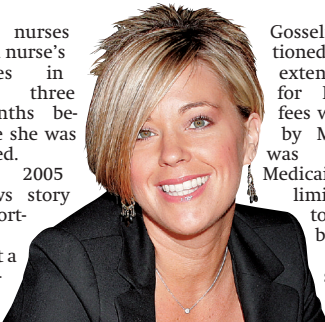
Ex-nanny dishes on Kate's mean streak

DON'T ASK FOR A REFERENCE The new issue of *Us Weekly* reports that Jon & Kate Gosselin — known for being short with her husband, Jon Gosselin — is even more combative with her family and employees.

Baby nurse Angela Krall, who watched the sextuplets as infants for more than a year, tells *Us* that the short-fused Kate fired

40 nurses and nurse's aides in the three months before she was hired.

A 2005 news story reported that a pre-TV



Gosselin had petitioned the state to extend payments for Krall, whose fees were first paid by Medicaid (Jon was unemployed; Medicaid provides limited assistance to premature babies).

While Gosselin praised Krall in the

same story, Krall reveals that the mother posted "demeaning" signs in every room detailing rules, and fired one woman on the spot for washing her hands in the kitchen instead of the bathroom. "Kate flipped," says Krall. "She thought it was cross-contamination."

That level of perfectionism also created friction with her father, Kenton

Kreider, a pastor, after he gave her cribs donated by his parishioners, the magazine adds. "They didn't match and Kate rejected them," says a family source. "Things like that caused a rift." Krall, who says all six babies ended up with matching cribs, tells *Us* that Gosselin "thought they were owed stuff. The money factor was huge."

METRO WORLD NEWS

My good looks hold me back, Jessica says

PROBLEMS WE'D LIKE TO HAVE

Jessica Biel blames her good looks for holding her back as an actress. "It really is a problem. I have to be blunt," she tells *Allure* magazine.

She says some casting directors don't bring her in because she is so pretty. "If you don't like the audition, then don't hire me. But if you don't even want to see me — that's hurtful," she says.

"Yes, *The Illusionist* has made a difference — but a huge, massive difference, so I can pick and choose what I want? No."

METRO WORLD NEWS



T.I.'s time in jail may be cut short

TIME SERVED Rapper T.I. is set to turn himself over to authorities in Arkansas next week, but he may end up serving only a fraction of his scheduled year-and-a-day jail term.

T.I. will most likely only spend two months behind bars since he will be given credit for having already served 305 days on house arrest and community service. The rapper was

convicted last year on federal weapons charges.

METRO WORLD NEWS



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2009

Amy back to old ways?

NO CHANGE Amy Winehouse was rushed to hospital after partying with friends, femalefirst.co.uk reports.

The troubled singer — who is currently staying in St. Lucia while she writes her third album — was reportedly taken to a medical facility by ambulance and received emergency medical treatment after a wild night of drinking on Friday.

Winehouse was discharged later that evening, but friends of the star believe her

deteriorating health may jeopardize her scheduled U.K. show at London's Shepherd's Bush Empire at the end of the month.

A source told Britain's *The Sun* newspaper: "Amy's concert might as well be cancelled now. She's not going to make it. It's not worth her while even if she does make it, it will be a shambles. She is not ready for it."

METRO WORLD NEWS



GETTY IMAGES

Mom defends Mel's girlfriend

MOM'S DUTY Lyudmila Chernukha, a retired Russian music teacher whose daughter Oksana Grigorieva is dating Mel Gibson, denies Grigorieva broke up the actor's marriage, but remains mum on rumours the pair are expecting a

child, people.com reports. "I can't say anything," Chernukha, speaking in Russian, told People exclusively from her home outside of Moscow. "Wait for the official statement from them." Chernukha said Grigorieva — a singer signed to Gibson's record label — started seeing

him well after the actor and his wife separated, which the mother says happened in 2006.

"He split up with his wife three years ago, so to suggest that she has broken up their marriage is rubbish," she says. "He was no longer with his wife so he was bound to meet some woman at some point, it just happened to be Oksana."

METRO NEWS SERVICES



METRO WORLD NEWS

Surrogate 'generous and gracious': SJP

MOTHERHOOD Sarah Jessica Parker says the surrogate mom carrying the actress' twins is a strong woman who made "an incredibly generous and gracious choice," people.com reports.

But Parker now worries that this strength is being

put to too much of a test from the media attention following the announcement that the Sex and the City

star and husband Matthew Broderick are expecting twin girls.

"On a daily basis, on an hourly basis, I am greatly concerned for her health and safety and the safe delivery of our children," Parker, 44, told Access Hollywood in an interview airing Tuesday.

Parker alleges that the surrogate, along with her friends and family, have been threatened and harassed by the tabloid media. "Obviously there are those (who) don't care about her, or her health, or safety, or my children's health and safety."

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